

## A Brief Description of the Benefits of the Sacred Ambrosial Medicine, The Unsurpassable, Supreme Samaya Substance that Liberates Through Taste

The Great Orgyan (Guru Rinpoche) has said that [the sacred ambrosial medicine] is

The offering substance of all the sugatas without exception,  
The distilled quintessence of the gurus and yidams,  
And the heart-blood of all the dakinis.

The benefits of ingesting it are indescribable,  
As one achieves the attributes of a buddha's five kayas.

Outwardly, physical sickness and negative forces are conquered.

Inwardly, the afflictions of the five poisons are cleansed  
And all breaches and transgressions of samaya are amended.

Secretly, self-existing primordial awareness is realized.

For whoever ingests this, whether a yogi or otherwise,  
Physical illness, negative forces, evil deeds, and obscurations will be purified.

The inner generation stage samadhi will be lucid.

Secretly, self-cognizant wisdom will be realized.

By wearing [the medicine], untimely death is reversed  
And one becomes capable of destroying noxious poisons.

By anointing [the body with it], all sickness and negative forces without  
exception are cleared away.

By burning it, sickness and negative forces are driven out.

One day, when one's lifetime has ended,  
One will be established in the stages of the vidyadharas  
Without discriminating between male and female, good and bad.  
For these reasons, this is the supreme sacred substance.

Thus, the benefits and advantages [of the sacred ambrosial medicine] are boundlessly set forth in the *Ambrosial Web* from the Supreme Heart Practices, in the *Eight Chapters on Ambrosial Qualities* of the Ancient Translation School, and so forth.

This brief description of the benefits of the sacred ambrosial medicine was translated as an offering to Garchen Triptrül Rinpoche and his faithful disciples by the disciple Ari-ma in October of 2001.